252 heads of Polypogon held over fire to singe off
262 awns, head rubbed between hands to extract seeds and these pounded in pit mortars. All small seeds
[264 mixed with cold water and made into thick gray-
272] colored gruel (ha·yi·l) which was drunk for refreshment, "like lemonade"; women often gave children drink of this gruel between meals. Two varieties of chia might be used mixed together, but neither mixed with Mentzelia seeds. Although small seeds now regarded as something of delicacy, they are still occasionally gathered in large quantity, using aboriginal methods; in 1933 some Kawaiisu brought 10-lb. flour sack of chia seeds to SM's rancheria, offering them for sale.

● 243 Wheat now cut by hand, piled up on piece of
252 canvas and thrashed with 4-ft. pole; winnowed in
262 flat tray, parched in oven, pounded into flour in pit mortars, and flour mixed with water and little sugar to make stiff mush. Corn is eaten on cob in roasting ear stage or allowed to dry on cob; 2 cobs twisted against each other to remove kernels, which are parched, pounded, winnowed, and meal made into mush.

252 Juniper berries boiled fresh; when dry and
262 fully ripe seeded by hand, flesh pounded in pit mortars and eaten raw; pounded mass never dried into cakes or beverage made from berries. Flesh of juniper berries "sweet." Ripe boxthorn berries pounded in pit mortar, taken up in hands, mixed with small amount of water and made into "biscuits" which were dried in sun; no fat added. These small balls stored; when used broken up, soaked in water, eaten; tasted "just like grapes."
[251] Elderberries boiled in clay pot with water and eaten (SM); FP said they "tasted queer." Never stored for winter.

Rush roots peeled, sun-dried, pounded into flour (obolinil) in mortar, mixed with water and stone boiled into mush.

252 Several plant foods roasted; for mescal short
264 trench dug, fire made in trench, tender young
262 stalks cut in half, laid on fire, covered with dirt and left overnight. In morning stalks uncovered, peeled, and eaten. Quantity of Spanish bayonet stalks laid directly on top of blazing brush fire; stalks turned once while cooking; when soft, stalks buried in dirt or sand, left to cool; burying made peel "slip off easier" (SM). Fleshy receptacles of Opuntia buds held over fire on end of sharp-pointed stick to singe off stickers (ukun), then spread on hot flat rock placed at bottom of pit, covered with another hot rock and pit filled with loose earth or hot ashes. Receptacles left to roast for about 8 hours; when taken out of pit outer skin peeled off and inner part eaten. Fleshy stalks wild rhubarb roasted overnight in hot ashes, eaten next morning.

252 Immature pods of tree yucca, while still in-
262 side green sheath, "boiled like cabbage" in clay pot (SM).

Several plant foods eaten raw by gatherer on spot; such included berries of deadly nightshade;